



THE  
COLDE SPRING  
OF KINGHORNE  
CRAIG,

HIS ADMIRABLE AND NEW  
TRYED PROPERTIES, SO FAR  
foorth as yet are found true by  
*Experience.*

Written  
BY PATRIK ANDERSON D. of Physick.

*Disco Orbi, quod quisq; sibi.*



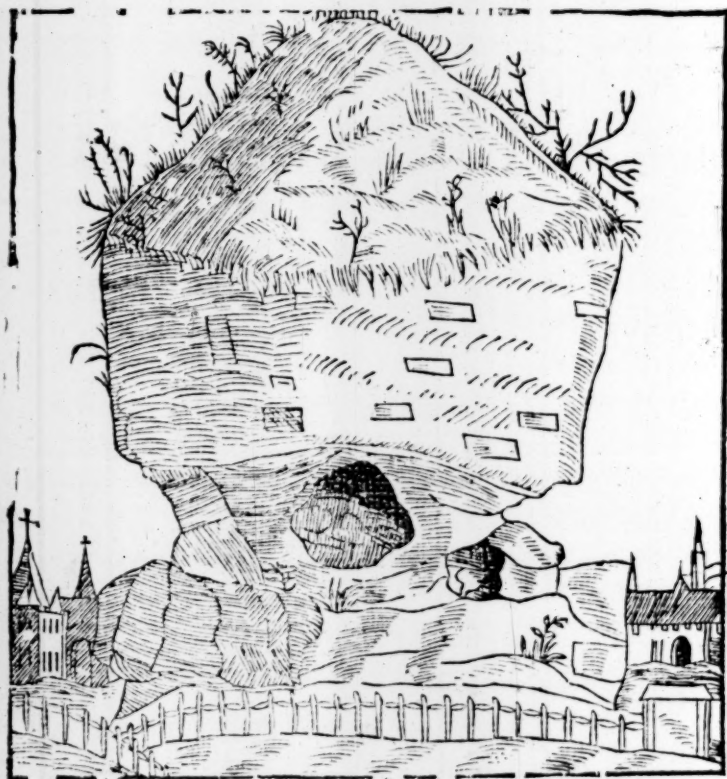
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*Psalme 78. vers. 15 and 16.*

The Lord claue the Rocks in the wildernesse, and gaue the people to drinck, as of the great deepes.

16. Hee broght floodes also out of the stonie Rock, so that hee made the waters to descend like the rivers.

17. Yet they sinned still against him, and provoked the highest in the wildernesse.



*Wisedome of Solom. Cap. 11.*

When they were thristie they called vpon thee, and thou gaue them water out of the high Rock, and their thirst was quenched out of the hard stone.





TO  
THE RIGHT NOBLE  
AND ILLUSTRIOUS LORD,  
JOHNE ERLE OF MAR,  
LORDERSKINE AND GARIOCH,&c.

Lord high Thesaurer of SCOTLAND,

*Knight of the most noble order of the  
Garter, and one of his Maiesties most  
honorable Trivie Counsell, of both  
Kingdomes.*

My singulare good Lord, and Patrone.

*Right noble Lord,*



*Hought water bee but a wainsh and tai-  
stles subject, whereof manie lyke litle to  
heare, far less to tast; yet is it of great  
worth and so necessarie an element, that  
without it the most eminent could not  
well consist. The great Emperour of Per-  
sia welcomed haire the one of his meane sub-  
jects, who in his progresse propryed him with a drinck of cold wa-  
ter, having no other riches whereby hee might acknowledge his  
Prince. And I hope your L. as willinglie will accept from  
your owne servand not a drinck, but a discourse of that rare  
water, which long hide, hath beene of lait discovered for the  
good of manie. But perhaps I haue undertaken a warre when  
I this way adventured to thrust my selfe into a Printers presse,  
ad prælum quasi ad prælium, a plaine discouerie, perchance,  
of my*

of my owne ignorance. For to speake in Print is to vnderge a publick censure. Yet I hope that such as mislike it, shall either judge fauorable, or produce a better as speedilie. Why may not meane wits in their folies haue equall paines with learned Clerks in their fancies? Apollo yeelded Oracles as well to poore men for prayers, as to Princes for their propynes. starres haue their lightes and Heires their shadowes; And meane scholars haue even high mynds, although low fortunes. But being loath to wearie your L. with a long letter, I am thus emboldned to recomend this unworthie pamphlete to your Honours patronage. For that a greater motiue then that you are your selfe, needeth not to encourage mee to this dedicatioun, so far is my loue engaged to your L. most honourable & auncient house. If it appeare presumption in mee to show my loue, my duetie vrgeth mee to it. But setting apart needlesse feare, and resolving couragiously upon your wounted and vnderferued fauour, I would euen but request your L. to receaue that which is not, for that which I would it were, letting my insufficiencie bee measured be my goodwill: that so weghing the mynd and not the matter, my simple abilities may thryue vnder your L. protection, and happilie lead mee on to some worthier attempt. Take it then my noble Lord, in good pain; it being from one who honoureth your worth, oweth you his loue, and hath altogidder so resolved, and vowed him selfe to doe your L. and all yours, true seruice all the dayes of his lyfe. And thus from my hart wishing your L. and your most noble Ladie a great portion of Methusalems yeeres for this lyfe, and after it, eternall lyfe.

I humblye rest

From my house at Edinb.  
the 8. of October 1618.

Your L. most willing Physition,  
and obedient Seruitour,

P. Anderson D.





# THE CAVLD SPRING OF KINGHORNE CRAIG

HIS ADMIRABLE AND NEW

*tryed properties, so far as yet are found  
true by experience.*



ARD by the shore syde of King-  
borne, within a bow-draught or  
more to the heaven of *Prettie-cūr*  
where the Botes arrive, direct  
west the Sands, is a great round  
steip Rock, whose fore-front ly-  
ing so oppen to the Sea, and opposite to the wea-  
ther, is so beatten therewith, as that his superficiall  
parts are become so friable, and as it were rotten to  
everie light twitching of ones hand.

All this whole craig from the top to the foun-  
dation, is so seamed, and as it wer embroydered with  
a number of whyte veines much resembling a soft  
& bruckle *Alabaſt*, & in many places glaūcing in the  
night, not vnylk to *Criſtall* or some baſtard *Diamāc*.

This white spar is accompanied ( although but  
poore ) with some mixture of ſundrie ſtārnīe metalls,  
whereof the greatest pieces aboundes of a certaine  
glauncing, cleir, & skelnīe ſtone called *Gypſum*, wel

A

known

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knowne of the *Apothecaries*, yea and is verie ponderous and weghtie.

Upon the east syde of the same Rock, in a hollow corner is perceived a certaine white cleir congealed water snorting through the moyst cliffs of the Craig; much resembling the geile of filhe, or representing the stryne of an evill rosted egge, called of those who are skilfull in metalles, *Sperma, seu mater Metallorum*.

¶ Out of the broad face of this foresaid Rock, springs most plesantly a verie cleir, & delicate cauld *Water*, which being drunk in great measure is neuer for all that, felt in the belly.

This faire Spring (albeit but laitlie knowne) is approved by the people which drink thereof, to be one of the most rare remedies for the *Stomach* in the world, gives a good appetit to meate, maketh one that loaths of his meate to be hungrie, and is the onlie remedie for *Chronick*, & lingring disceases, specialie in those who having spoiled their stomach by superfluous drying of Cuppes.

It is a most comfortable & refreshing drink in all hote fevers, pestilential agues, & where drouth most abounds.

It refresheth and cooleth a hott distemper of ye *Liver*, helpes all disceases proceeding therethrough, dryeth vp the *Tonk*, and vniversall *Skab*, purgeth & correcteth all salt flegme, abaiteth and tempereth the heat of the *Reines*, a great cause of confirmed stones: and is a most soveraine remedie for the paines

## OF KINGHORNE CRAIGE.

nes of the *Back*, proceeding of *Gravell* or sand, causing the patient to pisse out many small stones, and making them to discend without paine.

To some it louseth the belly verie freeilie, but not at the first. Others thinks it bindeth them. Yet it seemeth to louse moe then it bindeth.

I haue knowne some vomit therewith, but th at I suspect proceedeth of surfet: for that the people doe as yet vse it, without rule or præscription.

It helpeth many that haue a dimme *Sight*, for being wel put in the eyes, it is more sharpe and byting the commoun water; & is a singular remedie for those which are molested with *Lippitudo* or bleir-eyed, & stayeth *itching* and *heat*.

No liquor hath been tryed more excellent for itching, and heat of the face with plouks, & pustuls then this water, it being both drunck and put ther-vpon. And is also good for singeing of the eares.

It is powerfull in helping extenuat and leane persons who are troubled with difficultie of drawing their *Brath*: gives vigour and strength to vithered and debilitat members; and is the onlie last remedie for all debilities which haue long vexed the body through a hote distemper of the Lever, such as a hote *Gutte*; it allayeth all *Inflamations* inward & outward.

*Guarisce ancora il cancaro, i caruoli, i porri fighi della verga, & la scolatione virolenta di rene, Ambasciatori certi del mal Francese, ma non val niente a i renconi, ovvero panochie nell inguinaglia.*

The geallie water, that sweateth out of the craig

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coolleth & dryeth being gathered at tymes when it falleth, and the hands & face rubbed therewith, doth procure a verie faire & beautiefull skinne.

These bee the Physicall properties of this faire Spring, so far forth as the diseased haue as yet tryed by experience, & in whose companie I was sometimes present my selfe.

Now, what should bee the Physicall and naturall cause of those wonderfull effects, diuerse of the learned are of diuerse judgments. For my owne part, because I was the first of my profession that crossed the Forth to that Spring, being moved partlie to satisfie the desire of my freinds and acquaintance, & partlie to content my owne curiositie in naturall things, wherunto from my youth I haue euer been bent, as weell at home as abroad: I will onlie write my opinioun without contentioun, reseruing the resolution thereof to my most learned colleagues, much more iudicious than my selfe.

I, at the first, as also many others, thought it but ane idle toy, & a conceit of the people, and as some think it yet. Others, thought it a trick deuysed by the Ferriers onlie for gaine. But seeing the same thereof increasse and that not by the meaneest, but euen of those of best credit, who long diseased, wonderfullie recovered their vnexpected health in their owne persons. At length I begoud to think that albeit it was no vncouth thing in others countreyes to haue such minerall waters, yet rare & but of laite knowne amongst vs. And althogh I call this a minerall

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nerall water: yet my meaning is not to conclude that it proceedeth of metall alone: for that as appeareth is very poore in this craige: Notwithstanding that al those riches of goulde and silver which are come into *Spaine* since the west *Indies* were discovered, haue beine drawne out of such barrane places which are full beare and fruitles, as this rotten rock seems to bee. Yea all the ponderous spar inclyneth rather towards the bottome, a signe doubtles which argueth no rich metall. *For it is found by experience that where minerals are most ryfe, the higher the veines bee to the superfiice of the earth, the more rich they find it, and the deeper it goeth, the poorer it is.*

*Iosaph. Antike  
Hist. natur.  
and Moral.  
Lib. 3. Cap. 3.*

Further, if this water produce such Physicall properties be reason of metals, Then all springs taking their course through the richest metals should far excell this, which runneth but through a verie poor metall by appearance: yea that wholsome & could spring of the brayes of *Arthrey*, pertaining to the right honourable The Earle of *Montrose* should far excell this of *Kinghorne*. I haue drunk of both waters, and in my opinion the one, might by the like tryall prove as good as the other, & perhaps better.

For there, ( no doubt ) is a riche metall whose seame and greate bodie reacheth directlie vpward to the superfiice of the mountaine, and there visible vncovers it selfe towards the South, the seame whereof is neere a foot and ane halfe in breadth, & consisteth in my judgement of *Iron*, *Copper*, and *Vitrioll*, and no doubt of some *Silver*, accompanied

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also with abundance of a weghtie whyte spar, togidder with that giancing and emplastic stone called *Gypsum*, verie vtuall amongst the learned for externall ruptures: which minerall spring ( for no doubt it is one amongst diuerse others in this land ) if it ran as pleasandlie from the Rock as that of *Kin-ghorne*, would be in as great request ere it were long.

I must confesse that all springs having their course through stonie grounds and rocks, minerals & priue veines of the earth, cannot but contract & participat of one Phisicall qualitie or other, resembling the nature of the mettall through which it runneth.

Neither needeth any man of solid judgement to doubt, but that all springs of water taking their issue and race through a hard rock, are to be preferred to any other water, taking way throgh a muddie earth: so consequentlie all springs passing through a minerall Rock, ( by reason ) must farre excell that of no minerall, I meane for curing of diseases: for such waters are no wayes fit for dressing of meates, much lesse to bee mixed with wine, because no minerall water feedeth the bodie.

Now that mettals haue beene of old used for physick, & yet are wonderfull in curing diseases, is no new thing, as lykewise the infinite works of learned Physitions yet extant doe testifie.

For *Iron*, or *Steell* rightly prepared, then mixed either in liquid or solid forme, and given at convenient houres, and tymes, after due preparation of the bodie, opneth all obstructions, opilations, & stoppings



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pings of the noble parts, speciallie when the *meseraick* comes, betwix the *Liver*, *gall* & *spleen*, are stuffed with a thick, glutinous & viscidus flegme: and is a most soveraine medecin, recommended of all the learned by long experience, for the vnpleasand *peale* colours in virgins, and other such lyke whattomever, either in widowes or married wyfes. *Iron*, or *Steell* haue also power to stop the *Lask* or *Dysenterie* and to heale inward *Apostumes*. And what I haue said of *Iron* or *Steel*, the lyke effects are to bee vnderstode of all springing waters running through the same.

Springes of *Vitrioll*, helpes too greate moysture of the *Stomach*, being moderatlie vsed stayes *Nausea* a continuall preasse to vomite, and vomiting it selfe: but being vsed in larger measure, provoketh vomite, and cleingeth the *Stomach* of whattomever noysome humors. It healeth *Stranguria*, a painefull and fashious dislease, when one cannot pish but by drope and drope.

Springes of *Silver*, doe coole and drye.

Springs of *Bruntstone* are hote and whytish, smelling thereof, and the water boylerh hote. They ease cold disleases, heats the sinewes, consume humors betwix the skinne and the flesh. They cure the host. Helpe those who haue the falling siknesse, Heale scabbes, resiste venome, awaik men of the sleeping evill, and doe helpe the *Gutt* and *Palsie*. They cure inveterat vlcers, the hardnes of the *Melt*, *Liver*, and *Matrice*. But Springs of *Bruntstone* be not good for the *Stomach*.

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*Brassie* Springs are not so wholesome, but they are good for diseases of the eyes, vlcers of the mouth, palate, or rufe thereof.

*Copper* Springs are good for dolours of the *Gutte*, short *Braith*, doloures of the *Reins*, and doe heale *Vlcers*.

*Alume* Springs, doe stay the *spitting of Blood*, stay *Vomiting*, stoppes immoderat flowing of the *Hemorrhoides*, and hinders weomen to part with *Chyld*.

Springs of *Tinne* or *Lead*, doe heale all cancerous *Vlcers*, *Schirrs* or hard *Tumoures*, and are most proper for all diseases of the *Skinne*.

That *Tinne* or *Lead* be in this craig I greatlie dout, because *Tinne* nor *Lead* worke no such effects as this water doeth, neither are they so wholesome taken inwardlie as are any of the other, notwithstanding their cooling and deterfive qualities externalie vsed, wherein verely they woderfully excell. And althogh it hath beene an old custome to make springes of water runne through spoutes of *Lead*, & that *Tin* bee lesse hurtfull, yea, neerer the qualitie of *Silver*, Yet neither *Tin* nor *Lead* are vsuallie taken at the mouth, as most of other metals bee, graunting that it participat some-what of *Mercurie*, whereof it is never a graine the better, but rather the more pernicious for this purpose.

Institut. Med.

*Heurnius* a man of great experience, thoght never much of water whose course was through *Lead*, & speaking *De potu communi* these bee his words, *At que per tubulos plumbeos invehuntur pessime habentur*

*nam*

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*nam plumbi vim perniciosam corpori invehunt, unde viscerum gravitates & dysenteria: etiam Columella prohibet Gallinas potari ex plumbets vasis. And citing Galen who composing a medicine ex capitibus papaveris, aquam pluvialem commendat que non per plumbeos tubulos fluxit: quod & recrementa quadam plumbi illi immittantur, unde inquit, eo utentibus dysenteriam adfert, cerussa enim habet. Hinc malè medici eliquant remedia per plumbea vasa: etenim Galenus Stagnea vasa vitat ad conservationem remediorum. Thus far Heurnius.*

And Fallopius ane Italian Phisition who verie skilfull of metals in his tyme, in his most learned and Philosophicall discourses of Minerall waters, sayeth cleirlye that Leaden springs ar no wayes wholsome taken inwardlye: *Dicimus, (inquit) in universum omnes illas aquas, quæ habent in se metallicum aliquid noxium, esse omnino ineptas in potu, cujusmodi sunt quæ habent plumbum, quales sunt Thermales aquæ in Germania plumbeæ vel plumbares vocatæ, quæ in potum nullo modo sunt exhibendæ, quia periculum est ne natura plumbi conversa vel in Lithargyrum, vel in aliud simile, ut solet, hominem enecet, & ideo caveatis a potu talium aquarum, quæ habent in se plumbum, & quæ tamen ad purgandos morbos exteriores & insana- biles sunt præstantissimæ, ita ut nihil reperiatur præstantius. & Cap. 7. Si velletis cognoscere quæ sit substantia aquæ plumbeæ, & Stanni, qui sapor, quique odor, & reliqua, possetis gustare, & videre, aquam illam frigidam & non medicatam. Sed nunc quid & aqua medica-*

Cap. 11.  
de ther. Mæ,

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*ta reperiat, quæ hæc in se contineat, equidem prorsus ignoro.*

But least I digresse too far, I say that this water cannot but participat of mo metalles than one: For where ever one mettall is found, there is also some other with it. And althogh it seeme poore to our eyes without due tryall: yet the whole craige being of a straunge and vncouth mixture, and the sparre so ponderous and weghtie, might perchance after exquisit tryall, prove more heirin then is looked for.

Wee reade these words in the book of that holy man *Job*, *That Stone being molten with heat, is turned into Copper. Finalie metals ar of diverse colours which seeme to such as knowe them not, to bee Stones of no value.* But the Miners doe presentlie know his qualitie and perfection, by certaine signes & small veines they find into them.

Now because (as I said before) the scairectie of this metall (as appeareth) is not liklie to communicate such Physicall faculties to this water alone, without some more helpe than the metall. What then? I take it to bee rather a kynd of doulce *Nitrose* & semi-minerall mixture, wherwith these *CrySTALLINE* and glauncing stones are obscurelie possided, naturalie inherent & engendred, by long protract of tyme, within the whole bowels of the craige, from the top to the bottome.

This *Nitre* in substance, differs but litle from our *Salpeter*, and oftymes vsed in Physick the one for the other, the prooffe whereof I haue often had. And

it is

leff. Acosta  
Lib. 4. cap. 5

Chap. 18.

Idem lib 4. c. 9

Nitre

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it is of sundrie kynds, whereof one is minerall, one other artificiall, \* *Aphronitrum* or *spuma Ni.ri*, *Flos parietis* & *flos Salis*: *Galen* maketh mention of *Nitru Bernicum*, vsed of old in Bathes, which hath great power to extenuat thick and viscous humors, and so doeth our refined *Salpeter*. Hee speaketh also of a red *Nitrum*, whereof if any such bee in this Rock, I dar not affirme: onlie I see in a great hollow caue neer to the Spring, a red moyst tincture wherewith the vault within is all coloured, which appearantly cannot proceed from *Tinne*. *Luminare majus* speaking of the kynds of *Nitrum* calleth them *species Baurach*, & *minera ipsius sunt sicut minera salis*: *Nam ex eo est admodum aqua fluens, deinde petrificatur, & ex eo est quod est in minera sua sicut lapis, & ex eo est rubeum, & ex eo est album, & pulverulentum, & multorum colorum.*

\* *Para est niri opt. naturae pro ducta & non ar te parata ut falsi so putavit Mes. \* Aueenn.*

*Antidotar.*

*Arab. Baurach absolute dicitur.*

*Borax non excoct. niri genus est fossile.*

This Craige is also indued but with a soft *Crystall*. The reason hereof I conjecture to bee the low situation thereof lying too warme, and often opposite to the Sunne, the speciall cause of the same. *Garcias ab Orta* a curious & learned Spainyard, speaking of the true *Crystall*, writeth thus: *Amat inquit Crystallus loca frigida qualia sunt Alpes, Germaniam ab Italia separantes.* And as another of the learned sayeth: *Gignitur ex humore omnium purissimo in terrae visceribus condito; necnon marinorum metallorum fodinis Germaniae &c.* So that *Crystall* is made of water materiallie, and that water of it selfe is fleeting: but by vehement cold is made stedfast *Crystall*. For

*Hist. Simp. apud Indos nascunt. 43.*

*Andern.*

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so it is written in *Ecclesiasticus*, Cap. 44. *The north wind blew & made Crystall to frize*. The experience whereof, wee may often see in water dropped from a Rock or other high place, which turneth into stones of diverse colours, caused by vertue of the vre and cold in that place, frizing the water the materiall substance of such stones. A number of visible proofes heirof wee haue at home amongst our selves; Such as in *Ratray* cave in the Barronie of *Slains* perteing to the right Honourable the Earle of *Erroll*, high L. Constable of SCOTLAND.

Ratray cave.

The lyke also I remember this present yeere, by accident, visiting that rare peece of Architecture, the old Chappell of *Rosline*, nothing inferiour to the old *Roman* worke, it was my good luck there, to meet with that honourable & auncient Baron, who ( although vnacquented ) amongst other courtesies, shewed me the double vaults of his Castell most curiously hewed out of a solid Rock; where admiring the work, I beheld the water by dropping congealed into hard stones; a thing no lesse commune than true, as weel at home as abroad.

Roslin chap.

Roslin castel

*Acoffa Hist.*  
natr. & mor.  
Lib. 3. cap. 17

Also in *Peru* where the mines of quick-silver bee, their is a fountaine that casteth foorth hote water, which presentlie turneth into a Rock, wherwith the people of that land doe build their houses. This stone is soft, and is cutte as wode with Iron. And if either men or beasts drinck thereof, they die, because it congealeth in their intralls and turneth into a stone. In a Farme neere *Cusco*, springeth a fountane of salt



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of Salt, which as it runneth, turneth into salt verie whyte & exceeding goode. The waters which run in *Guajaquell* in *Peru*, almost vnder the equinoctial lyne, are wholsome for the freshe pocks and such lyke, by reason of the abundance of *Sarsa-parilla* growing in that place, and the people come thither a far off to be cured. At the Bathes of *Ingua* is a coue of water which runneth forth all boylling, and joyning to it is ane other as cold as yce. They vse to temper the one with the other. At *Dunbritone* Castle vpon that monstrous steep Rock, there bee two fountaines, distant two or three fute the one from the other. The vppermost course wherof springing from North to South, is a verie salt water. The other springing from south to north as appeareth, is a faire freshe water: A straung thing to see Springes of contrarie qualities so neere others. Morouer betwix the two great Rocks within the said Castle, is a Lake or standing pond of water, distant neere 50. fadoms from the Sea, yet no man seeth from whence it commeth. A wonderfull thing in nature, although weel knowne amongst vs.

*Dunbritone.*

And in *Boetia* are two springes, the one helpeth the memorie, the other ingenders forgetfulness.

*Marg. Philos.*

In *Cicilia* are two springs, the one maketh weomen barren, the other able to conceaue. In *Idumea* is a spring which chaungeth colour foure tymes a yeere: for three moneths it seemeth troubled: three moneths red as blood: three moneths green: and three moneths blewish. The cuntry-men ther

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call it *Jobs Well*. And haue wee not heere neere by our chiefe Citie of *Edinburgh*, the oylie Well, called *S: Margarits well*, the fatte whereof is almost equall to naturall *Baulme*, and whose power healeth all aching of the bones, & all kinds of outbreacking of the skinne. one of the rarest things in this Island. Also in *Silua* at the foote of mont *Syon*, is a Well, which runneth not alway, but certaine dayes and houres. And many moe Springes drawing their medicinall and diuers qualities from the vaines of minerals, or semi-minerals wherethrough they tak their course: now hote, now cold, some binding, some lowsing, others smelling of *Bruntstone*, some troubled, some cleir, some sharp, some sweet, or of no taist the most wholsome water of all

These waters ar not lyk the superstitious or mud-earth Wells of *Menteith*, or Lady Well of *Strath-Erne*, and our Ladie Well of *Ruthven*, with a number of others in this cuntrie, all tapestried about with old rags, as certaine signes & sacraments wherewith they arle the diuell with ane arls-pennie of their health; so subtile is that false knaue, making them beleue, that it is only the vertue of the water, and no thing els. Such people can not say with *David*, *The Lord is my helper*, but the D.

Now after this long digression, having first examined the materiall substance of this Rock: next declared the tryed power of this water. And thirdlie as I promest giuen my opinion of the Metall, or semi-minerall wherewith this Rock seemeth to bee spirituallie tempered.

No

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No thing reflecth now, but to shew by probable conjectures, how this sweet saltish *Nitrositie*, may agree with the late effects of this cold spring.

To cleir this then, our discurie shall be vpon *Cry stall*, *Gypsum*, & *Nitrum*: Because in this Rock litle more is seene, & I feare the *Italian* proverb be true, *Tutto quell' che lucè non è oro*, It's not all goulde that glisters. The *Cry stall* & *Gypsum* is visible. The *Nitre* is occult & not seene: yet all three concurring & most sensible felt in operation: Bnt somewhat different in their particular qualities, yet litle or nothing by their mutuall cōmunication to this water; And so this way mixed, turneth all to one effect.

crystall.

1 *Cry stall* after the learned is naturally cold, with a drying & binding facultie, almost lyke vnto *Gypsum*, (but more wholsome) and doeth all what cold thing may doe. It helpeth against thirst & burning heat in fevers. A button of *Cry stall* holden in the mouth when the tongue is hask and dry in fevers, presentlie cooleth & moystneth the same, the experience whereof is tryed in this water. It helpeth the *Dysenterie* or bloodie *Flux*, given with old red vine. It stoppeth & dryeth vp the fatchious *Q. F.* in women a greate lett to conception. The lyke doeth this water skilfullie vsed. It engendreth milk in nurses breasts. and tempereth the hote qualitie thereof, chaiffed by toomuch drincking of vnnecessarie licour which is a nurses cōmoun fault, & the death of many young infants.

Matheol. &  
Andern.

wecker. antid.  
de Lap. ing.  
Ca. 6.

2 *Gypsum* is a skelfie, cleir, & whyte emplasticke

Gypsum

## THE CAULD SPRING,

Stone, verie commonlie found in minerall rocks of Copper, and Iron, and is of a verie binding and drying qualitie onlie for externall things. *It helpeth the Rupture of the Bowells when they fall downe, it stayeth great sweatings, and all defluxions falling down upon the eyes in Ophthalmia.*

Pernel. meth.  
med. Lib. 6  
cap. 12.

Dioscorides.

\* Tagant. &  
V Vecker. &c.

Meth. Lib. 2.  
cap. 12.

Dioscorides  
Lib. 5.  
cap. 78.

Lib. de vera  
prepar. Nitri.

Nitre after the auncients, hath beene a warsh & sweetish salt, differing litle or nothing from our most refined *Salpeter*. And howbeit some of our \* *Neotericks* haue beene somewhat scrupulous to vse the one for the other: Yet by comoun experience in our dayes wee haue observed neither danger nor difference, but that *Salpeter* most exquisitlie refined, may weel serve for the same. *It is of a deter-sive, scouring, and drying qualitie,* inclined somewhat to heat, which notheles mixed with cooling and refreshing things, worketh many cold effects. *It extenuateth and cutteth flegme, purgeth grosse and clamie humors, even some tyme by vomite, evacuateth crude and raw humors cleaving fast to the entrals, and is verie good to giue for the Colick, & grinding of the belly through wind.*

*Penotus à Portu*, a learned and famous Chymist, amongst his other Philosophicall extractiones, so vseth this *Nitre*, as that hee maketh it a salve for all sores. Hee calcineth it, prepareth it, dr weth the oyle of it, and fixeth it. In end, hee concludeth with these words. *Nitrum inquit ad hec omnia prestantissimum remedium esse experimento constat, siue sumatur internè, siue adhibeatur in fomentationibus, balneis, seu emplastris*

## OF KINGHORNE CRAIGE.

*Stris dividit, discutit, subtiliat, laxat, rarificat, ampliat, extenuat, aperit, lubricat.* And besyde all this, so far doeth hee extoll it for procuring of a good appetite, ( a power proclaimed peculiarie to this water ) that hee is not aschamed to prescryue it for this same purpose, to bee given to a horse.

To bee short, there is no propertie which the ancients hath attribute to *Nitre*, which with the helpe & cooling qualities of *Crystall*, & *Gypsum*, may not bee appropriat to this cold Spring: for what can this water doe as yet, which is not in them; or what can these simples doe, which in some measure this water doeth not performe.

*Is Niter, dewlie prepared, good to expell gravel and sand both from the reins & blader?* so is this water.

*Penotus de  
vibus Nitri.*

*Is it good being dissolved to apply outwardlie and for heat in those parts?* This water doeth even the same.

*Hath not Nitre a Diaphoretick power, and maketh some to breck out?* so also proveth this water but in some.

*And doeth Niter composed and applyed to the*

*stones, stay their inflammation?* No lesse power hath

*this water. Is it not good for the Hydropsie, the Colick*

*and Iliack passion? Is it not good, I say, for the dure-*

*tie of the Splen or Milt given with steiled water, for*

*oppilations or obstructions of the Liver, paines of the*

*Stomach, and suffocations of the lungs or lights?* So

*no doubt may this water bee found.*

*Dioscorides  
Lib. 5. cap.  
7<sup>o</sup>.*

I heare also this cold Spring hath helped paraly-

tick members, the stupiditie, and inhabilitie of the

sinewes, contractions of the nerves in the fingers,

## THE CAULD SPRING,

and such lyke, by bathing and drinking thereof. And that it hath a corroboratiue power to strenthen all the nervall and ligamentall parts of the bodie, moving also a gentle *Diaphoretick* & evaporatiue sweat, which (maketh me yet suspect that the Rock is possessed with some silver, although but litle to our eyes; for silver even Philosophicallie prepared, is likewyses *Diaphoretick*,) confirmeth also wried & feble members, yea & hath an occult propertie to stay much sweating in tabide and consumed bodies, and that because of his mixt qualities with *Gypsum*, both cooling and drying, and which two qualities to this effect are verie requisite.

Further, hath it not vnstopped the Lunges to many persons, and helped a short braith? How many people haue beene helped this same last yeere there with, and openlie affirmed against all those who say the cōtrarie? Now why may not Niter doe all this? and what simple or minerall doeth so much agree with these properties as Niter? And who doubteth what refreshing power this cold Spring hath in hote fevers, in thirst, and in all internall and externall inflammations? and may not water taking his course through cold Crystalline Stones, haue more cooling & refreshing qualities than commoune water, may it not coole, I say, all inflammations and heat of the Liver? And doeth not common water even coole & ease inward paines? then let vs see if the words of that Imperiall Physition Crato bee true, speaking *De doloribus renum: Multi (inquit) post primum somnum,*

jam

Penn. 445

Fallop.  
Vvecker.

Confil. med.  
ex Schol. 141.



## OF KINGHORNE CRAIGE.

*jam perfecta coctione, hauriunt aquam frigidam, & in  
 signe iuramentum percipiunt.* And ane Italian Phy-  
 sition sayeth by his common practick in Nephre-  
 tick dolours, *Illud nunquam è memoria excidat, nihil  
 præstantius pro arcendis renum calculis esse, quam aqua  
 tepida quinque vel sex unciarum mensura, immédia-  
 tè ante cibum mane, & vespèri modicè calidum pota-  
 tum.* And a litle after speaking of thirst, hee sayeth  
*A pastu ventriculo valde sitiente & astuante gelida mo-  
 dicè binas tantum vel ternas ad summum uncias bi-  
 bere licebit.*

*Zeechil conf.  
 Med. cap. 13.*

Morover, common water tempereth great heat,  
 and conserveth the naturall humiditie of the body:  
 for which cause *Hippocrates* calleth water, the bodies  
 temper. And auncient histories sufficientlie testifie,  
 that water was the first drinck that men vniuersalie  
 vsed of old, & wherewith they contented them selues  
 a long tyme, to vse it onlie for quenshing of their  
 thirst: but afterwards when voluptuousnes sealed  
 vpon mens appetites, they invented & set before  
 them diuerse sorts of drincks, because they thoght  
 water but a taistles and vnsavorie thing. And yet if  
 wee will giue credite to experience and heare but  
 what the writes of the learned doe say, *That water  
 not onlie groweth the bodie, but euen maketh men to  
 liue longer, & in better health, yea, and to haue a quic-  
 ker sight, than wine.* But now a dayes our queasie sto-  
 maches are become so tender, and so kitle, that if  
 wee but ones in a yeere taiste water, wee are in dan-  
 ger to catch the Colick; no, we must haue a litle Seck

*Roder. a Fong  
 Lusitan. de  
 tuendi. valetu.  
 Cap. 12.*

## THE CAULD SPRING,

*Iudg. cap. 13.* and Suggest, or else our stomach is gone; let *Ma-*  
*noahs* wife drinck what shee please, the bellie now  
a dayes hath no cares for such grammer rules. And  
yet to speake the truth; cold water is as vnfit for a wo-  
man with childe and for such as are accustomed with  
frequent birth, as strong wine is vnmixed.

*Lib. 5. cap. 9.* Then seeing that comon water, either cold or  
hote, hath such evident, and *anodine* properties:  
what shall wee thinck of the best sort of these wa-  
ters correspondent in all respects to the true nottes  
which *Dioscorides* hath left vnto vs? and what ac-  
compt shall wee make of this crySTALLINE or semi-  
minerall water, which not onlie is answerable *om-*  
*ni-modo* to the best? but also excelleth so far forth  
as the qualities of these forsaide mixtures may mak it.

But to returne to our purpose concerning *Niter*.  
Who then thincks that these *Nitrous* qualities, for  
the most part doe not agree competently with this  
faire Spring; hath not well remarcked the obser-  
uations of the diseased: for how oppenlie is it known  
to expell sand, and bring doune small stones both  
from the reines and bladder, to coole the heate of  
the back, burning of the vrine, and to aswage all paines  
thereabout? experience of the people can testi-  
fie, and which *aperitive* and *diuretick* power belong-  
eth both to *CrySTALL*, and *Niter*. I haue knowne  
it to helpe *Sciatick* dolours given warme in a Cly-  
ster with Salt. To helpe sore eyes, clenge a dimme  
sight, to aswage the paines and singing of the eares,  
and to scour them from filth: all which doe well  
agree

## OF KINGHORNE CRAIGE.

agree with *Niter*. It helpeth the dolour of the head drawen vp as an *Errhin* at the nose, & clengeth the teeth more then cōmoun water, maketh the haire faire and cleene, healeth a reitfie and leprouse skine, and in a word, maketh even Ladies faire.

Why may not then, I say, such deterfiue and scouring qualities appeare rather to proceed of a drying and saltish *Nitrositie*, than of any apparent mettall in that place; in respect it not onlie purgeth, and clengeth the bodie, as well inward as outward, but also clengeth and purgeth tasches and spottes, both from linning & wollen, and which deterfiue power doeth more agree with the vse of *Niter*, than with any mettall that can bee found in a Rock.

*Monavius* ane expert and learned Physition writing of the qualities of Salt, sayeth thus: *Salem (in quit) detergere, & salsa nitrosa omnia, non solum intra corpus sumpta, sed & extra admota, prater experientiam quotidianam in eluendis sordium strigmentis, etiā unanims medicorum consensus testatur.* The which also the holie Scripture approveth by the mouth of the Prophet saying, *Etiam si laveris te nitro, & multiplicaueris tibi berbam Borith, tamen signata est iniquitas tua &c.*

Epist. med.  
Craon. 215.

Isa. vi. cap. 3.

Saponaria.

But which is worse of all, I heare it hath swelled the bellie of *Cacochymick* and vnwholsome people, and stopped their water: So doeth *Niter* takē before the bodie bee well prepared and purged. And hath it done good to one, and euill to another? So will any good thing doe, (although good in it selfe) if

## THE CAULD SPRING,

it bee not vsed with rule and moderation: yea & to some also, *one man's meate is another man's poyson*, a proverb cōmoun amongst vs.

And hath it constipat some, and loosed others? No wonder, for the Spring is possessed with contrarie qualities; a vertue proper to best medecines: for if it did not bind, it could not helpe the lask & *Dysenterie*: And if it did not loose, it could not remoue their causes. Hath it not cured some without preparation, and others which Physitions could not cure? let them thank God and sing, *Te Deum laudamus: Vna enim Hyrundo non facit ver*: Then blesse the Spring with a famous report, and say, *Beatus medicus qui venit in fine morbi*.

Then to conclude, I perceiue my verie lerned frend and old Parisien acquaintance Mr *VVilliam Barclay*, wold haue all the effects of this water to proccede from *Tinne*: which effects, sayeth hee, the *Paracelsians* ascriue to *Saturne*, and so concludeth, *Sacharum Saturni* to bee the Salt of *Tinne*, confounding two metalls in one, as if *Jupiter* were *Saturne*, and *Saturne* *Jupiter*: *Stannum Plumbum*, and *plumbum Stannum*. *Tinne* to bee Lead, and Lead to be *Tin*. Which ouertight I cannot think to haue proccided of ignorance, because I know him to bee more lerned than my selfe. I suspect it may bee imputed to his haist (as hee writeth to the Printer) in making for the tyde. Or else it may bee that hee thinketh the difference betwix *Stannum* & *plumbum* to bee so litle, that *propter similitudinem in ardore scribendi*, hee might

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might vse the name of the one for the other without scruple, because of their affinity; which if so bee, as it is liklie, I think there is no oversight at all.

Finalie amongst all the wholsom qualities where with this water seemeth to bee so secreitlie indued, the corroboration of the *Stomach* is not the least: a great ayde in curing of all disteases, and a power so oppenlie knowne in this water to sleir vplust to meate, that few or none haue as yet retourned with out the proefe heirof.

But that Springs taking their course through *Tin* or *Lead*, can giue appetite to the *Stomach*, I cannot belecue: nether hath any of the learned ever as yet remarked such a thing. For *Fusckius* the most learned *German* Physition in his dayes, recompting the Physicall properties of minerall waters both into *France* and *Germanie*, writeth thus of the *Plumbiers* or leaden Baines of *Lorraine*. \* In *Lotharingia*, inquit *montanis*, *Balnea sunt quæ plumbiers, quasi plumbea, ob nimirum copiosam plumbi mixturam, vocantur. Constant ex plumbi, Sulphuris & Aluminis commixtione. Auxiliatur malignis & curatu difficilibus vlceribus cancro, phagedanis, fistulis, elephantia recens capta, & omnibus cutis vitis*. Heir is no mention made of the *Stomach*, much lesse of other inward infirmities this way cured, either by *Tinne* or *Lead*.

How then can it bee any thing, but a deterfiue & drying semi-minerall *Nitrositie*, which this water seemeth to haue spirituallie contracted, whose naturall & sweetish scharpnes is so tempered by com-

Recôpoit.  
Med cap. 20

Baignes of  
Lorraine.

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munication of the refreshing qualities of *Crystall* and *Gypsum*, and whose qualities are also deterfiue and drying. The effects whereof bewrayeth it selfe more in bellifying, and skouring the superficiall deformities of the skinne, (then in curing of vlcers proper to *Tinne* or *Lead*) such as are pustules, red plowks of the face, ytching, and roughnes of the skinne, proceeding of a dry melancholious & salt blood, *Tetters*, *Ring wormes*, and that sort which the *Frensh men* call *les Dartres de Naples*, the *Greçians* *αἰχμῆς*, the *Latines* *Impetigines*, and with our selfs is a dry ytching scruffe, or hote fla, oftymes chancing on the face, or on the back of ones hand, which (as *Paulus Aegineta* testifieth) turneth to those of an ill dyet, into a scabbe or leprosie. The which also that most eloquent and learned Physition *Fernel*, hath well remarked in the properties of *Niter*, in these wordes *Nitrum*, inquit, *quanquam vehementer tergit, non tamen ulceribus, sed lepris, alphis, impetiginibus, alijsq; cutis vitiiis expurgandis aptum*.

And old *Plinius* who was so curious in naturall things, sayeth, it *heateth, biteth, and vlcerateth*. Which affects, say our Chyrurgions, are no way fit for vlcers: & therefore may be the cause, perchance, why *Tabide* or consumed people by an vlcere of the lungs, after the immoderat vse of this water, became daylie worse and worse by too much loosning of thee bellie (a power proper in this water to some, albeit vnproper for *Tabides*) *Phthifici enim per album rardò ant nuncquam purgandi*.

Lib. 6. meth.  
med. cep. 20.

Hippocrates.

But



## OF KINGHORNE CRAIGE.

Now because that some may object: if this water had any *Nitrous* qualitie, it wold (no dout) bewray it self, either in taist, colour, or savour? to which I answer, that Physicall waters possesse either spirituall qualities, or substantiall quantities, & as there bee diverse kynds of Salt, so are they diverse kynds of saltish waters, which differ in their qualities by degrees. For some be stronger, others mylder, some sharper, and some sweeter, & others so insipide that skairlie are they felt on the tongue. And least I shuld seeme to bee alone of this opinion without warrand of the learned, Heare what *Fallopious* sayeth of this same subject: *Nitrum quidem ipsum, gustu cognoscitur: difficile tamen est ex gustu discernere, an aqua habeat in se Nitrum, quia Nitri sapor in ejusmodi aquis frigidis, non discernitur. Item visu nec olfactu ullo modo cognoscitur aquam habere Nitrum. Tactu autem aliquo modo, quia aquae Nitrosae detergant nec relinquant aliquam asperitatem.*

Cap. 9. de  
Therm. atque  
Metallis.

Againe hee sayeth in an other place: *Saepe enim Sal & Alumen sunt cum aquis ita commixta ut impossibile sit per dissolutionem naturalem ipsa cognoscere. Item Nitrum non cognoscimus in aliqua aqua esse, nisi insit ipsamet Nitri substantia.*

Idem.

Idem.

To bee short then let none think, but Springs of waters may bee indued with diverse Physicall properties, minerall or semi-minerall qualities, althogh they nether bewray them selves in taist, colour, nor favour.

But how then, say others, can waters possessed

D

with

## THE CAULD SPRING,

with saltish and *Nitrous* faculties, refresh, moysten, and coole? I answer that a thousand effects in naturall causes, may also proceed of contrarie qualities: for there be many exceptions even in naturall rules, so that sometymes wee see by experience subtile nature so to ouerreach and surpasse the skill of arte in these kynds of mixtures, that simples, natuallie hote & dry of them selves, by the companie of others which coole and refresh, are sensible felt to execute colde effects.

Cap. 11.  
Natur Hist.

*Josephus Acosta* a worthie and judicious Spanyard in his naturall and morall historie which he writeth of the East and West *Indies*, discoursing vpon the naturall qualitie of the Sea, writteth in these termes: Althogh, sayeth hee, the water bee salt, yet it is alwayes water, whose nature is ever to coole, and it is a remarkable thing in nature, that in the midst of the deepe of the Oceane, the water is not made hote, by the violent heat of the Sunne, as in rivers: even as *Salpeter* (sayeth hee) althogh it bee naturallie salt) hath a propertie to coole water, even so wee see by experience, that in some ports and heauens, the salt water refresheth, which wee haue observed in that of *Callao* in *Peru*, whereas they put the water or wyne which they drinck into the Sea in flaggons to bee refreshed, whereby wee may vndoubtedlie beleue, that the Ocean hath this propertie, to temper and moderat the excessiue heate: for this cause wee find greater heat at land then at sea, (*ceteris paribus*) and comonlie countreyes lying

neir

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neere the Sea, ar colder thē those that ar foorthier off.

But to illustrat this by many examples, wer no litle needlesse then endlesse: for the mater is cleer of it selfe: and therefore I will ende this colde discourse, contenting me onlie with the experience of that famous & learned Empyrick Rulandus in his tractat which hee writeth *de curatione luis Hungaricæ*, whose words are these: *Inflammationi inquit, scabritieique faucium & confinium partium extinguende, tum aestui restinguendo nullum efficacius remedium nostrates putant insequenti.*

*Cape Nitri puri albiß. q. v. pila mundain tenuem pulv. comminuito: adfit sartago anea fundi crassiß. hanc prunis impone, donec incanduerit tota: injice Nitri rufi M. unum. Illico liquatur aque limpidiß. instar, & dum ita bullit, injice sulphuris puri & triti, xs. elicies flammæ cerulei coloris: que ubi evanuerit, & tertio bullire Nitrum videris, repete Sulphuris adjectionem, & hoc tertium reiterato. Demum pile munde, aut vasi figulino pedetentim infundito, exsurgent albi trochisci seu rotule coagulatæ. Has denno terito in pulvere tenuiß. usus*

*Conserv. Rosar. cochleari pulveris adde triplum ejus quanto satis ovo satiendõ adhibetur.*

*Præbeaturo egro æstu fere enecto, quoties voluerit. Nostratum quidam multis in aqua fontana frigid. dissoluti hujus ex Nitro remedii portiunculam, iterum atq; iterum exhibendo, multos se sanitati restituisse pristinæ gloriantur, parantes idem remedium & secretum sibi imaginantes. Minimè aspernandum est remedium nobis nec aliis esse debet, nisi Nitri qualitates ignorantibus: modo*

cap. 6.


Trochif. de  
Nitro iorda.

## THE CAULD SPRING,

*modo ritè administretur & curandi methodus potior non  
susque deque habeatur.*

Goe then with boldnesse, & drinck of this wholesome and Physicall water, and say not to your selfs, the Physitions envyeth it, speaketh against it, they approve it not, and it hindereth their gaine. Onlie but carie with you these few directions following. and so faire yee well.



 What wee shoud obserue, before wee goe  
to drinck of such Waters.

**H**at none drinck of such waters, who haue their  
back and reines verie hote, and the stomach and  
whole habite of the bodie cold. For that were euen  
as much to destroy a whole ludging, for the gaine  
oulie of one comodious chamber.

2 That no diseased person drinck thereof, before his bodie bee  
well prepared and purged, for by this meanes no man shall haue  
harme therby, and it is the counsell of the learned. But aboue  
all thinge, and which most importeth, that none drinck of the  
same with a bund bellie: for I haue not obserued it as yet, to  
doe harme to any so much as to those. To hepe this then, and  
for such as can take no Physick, no thing is more excellent or  
more reddie for this purpose, then to carie with you a box of  
Grana Angelica, and to swallow viij. or ix. of them hid in a  
vere or potched egg, which you may doe without harme at any  
tyme a day, but especialle at meate in the beginning or mids  
of dinner or supper: for then they work best the next day ther-  
after, and make not the bodie seike, & is a most familiare & so-  
ueraine remedie for all diseases proceeding of constipation.

3 It is not good to take it cupe, for cupe, without intermis-  
sion but to waite moderate vp and downe, betwix each draught,  
and that yee grow nether hote nor sweat.

4 It wold bee onlie taken in the morning fasting, and not at  
meates, as many enuiously doe, for it is diuretick.

5 It is not so good being carryed a farr of, as taken from the Rok  
al'though it bee tryed to keep longer vncorrupt then other water.

6 The seike should drinck it seauen dayes togidder at least,  
and some longer as the disease requyreth, eating in the meane  
tyme meat of easie digestion.

7 It wold be onlie taken (as the learned doe prescribe) in the  
hottest months, specialie in Iune, Iulie, and August: Tea euen in

Vallopinus de  
Therm. C. 11.

Idem.

Idem.


Idem.

Idem.

Idem.

*the verie tyme of our dogg-dayes, so much regarded of amongst vs without cause. The reason of this is not onlie because the water is best then: but also for that it is requisite, the whole habite of the bodie bee patent and open, that such cold springes may haue the more frie passage without stoppe, which opening & free Issue in our bodies (as the learned say) is not but in hottest moneths and seasons, and which heate with vs is but a temperat heat in regard of that of other nations.*

## TO THE COURTEOUS READER.

Entle Reader, this Discourse hath beene the birth of my Idle houres this last vacance, which I penned more for your particular vse, then for any gaine to my selfe. If you haue found any thing heerein to your content, think well of the Author for his paines. If nothing which you haue red hath lyked you, my luck hath beene naught: for in nothing, there can bee no great thing. An other before me hath written his opinion, and so haue I. if I haue erred & said amisse, I am but a man. If not well ynough, I wish it were better. But if well and truelie, God bee praised, I deserue no blame. I haue done offence to none, but showne my mynd, for the which I craue no man pardon, nor further freindship then I deserue, nor greater thanks then may requyte goodwill, who wisheth well to you all that are well mynded, crauing onlie your courtesie to comend what yee think worthie, and not to disdaine without desert. So if I haue offended in any thing that the wyse can mislyke, I am reddie to make a mends accordinglie, and shall Godwilling drinck to you at the Well the nixt Sommer, with a promesse also to doe you greater service heir after, and so I end.